

FAQ



WHAT IS THE INSPIRATION BEHIND COLOUR THE LAKE?

Colour the Lake was inspired by several similar awesome events, including The Color Run. The Lac Pelletier Social Committee wanted to create a stress free, untimed running event that was all about happiness and enjoying the outdoors. Lac Pelletier's beautiful walking path, built in 2014, is the perfect place to experience both.

IS COLOUR THE LAKE TIMED?

Colour the Lake is an untimed event. For anyone who wants a finish time, we suggest self-timing.

CAN SPECTATORS ATTEND THE POST-RACE FINISH FESTIVAL?

Of course! Your runner friends will love to see you cheering them on at the finish line! There will be a free inflatable obstacle course, face painting, glitter tattoos, a free BBQ between 11AM and 12PM, a magic show at 12PM, disc golf clinics at 1PM and 2PM and glow mini golf in the evening!

REGISTRATION

HOW MUCH IS REGISTRATION?

You can register a team of 4 runners for \$80 or a single runner for \$25.

HOW DO I REGISTER?

You can register through Lac Pelletier Clubhouse in person (cash, debit or credit) or by phone (credit only).

WHAT IS INCLUDED WITH MY REGISTRATION?

You will receive a bib, a pair of sunglasses when you meet us at the registration table. A packet of colour powder and a finisher medal will also be handed in to you when you cross the finish line.

ARE THERE REFUNDS?

If an event is held as advertised, we cannot issue refunds. Make sure you are good to go before signing up. If you can't attend, you can transfer your registration to another participant by calling Lac Pelletier Regional Park Golf Course's Clubhouse 306- 627- 3419.

WHAT HAPPENS IF THERE IS BAD WEATHER?

A little rain won't stop us. It makes the colours even brighter! If there are major weather warnings, stay tuned for updates on Lac Pelletier Regional Park's webpage and Facebook page.

COLOUR SAFETY & CLEANING

IS COLOUR THE LAKE SAFE?

Our colour powder is provided by Color Blaze. Their colour powders are easy to clean up and are safe for everyone. They use the highest quality food grade corn starch and FC&C and D&C colour dyes.

WILL RUNNING THROUGH THE COLOUR ZONES AFFECT MY VISION OR MY BREATHING?

We encourage you to wear the sunglasses included in your participant kit. Some colour runners choose to use a bandana or dust mask for their mouths. Our Colour Throwers make sure to aim below your neck as you pass by.

WHAT IF I AM PREGNANT?

It's totally up to you and your doctor. We see a lot of pregnant runners at similar events, and they're the cutest ones out there!

IS IT SAFE TO BRING CAMERAS AND PHONES INTO THE COLOUR ZONES?

To be totally safe, we recommend covering cameras/phones with a protective dust wrap. Colour the Lake is not liable for any damage that might be done to your phone or camera.

WILL THE COLOUR RUIN MY CLOTHES OR RUNNING SHOES?

The colour mostly washes out after the event. The sooner you wash it, the better. It is best to wear items you don't mind getting colourful, we personally like keeping the colour as a souvenir!

DO YOU HAVE CLEANING STATION AFTER THE RACE?

It's too much fun to see people still colourful around the lake after the run, we wouldn't want to get you 100% clean! We will have a leaf blower at the finish line to dust you off, so you'll be able to use our bouncy castles and you'll be good for the drive home.

GENERAL

DO I HAVE TO BE AN EXPERIENCED RUNNER TO PARTICIPATE?

You are free to run, jog, walk, or dance along the course! Remember, we are all here to have fun. It is a non-competitive event.

CAN CHILDREN PARTICIPATE?

If your child is 5 years old or older and can cover the five kilometers of the Colour the Lake course on their feet, they can absolutely participate! They are encouraged to wear a wristband with your name and phone number in case they get lost.

ARE STROLLERS ALLOWED?

Unfortunately, the path is too narrow for us to allow strollers.

CAN I RUN WITH MY DOG?

For the safety of our participants and animal friends, we do not allow animals.

HOW DOES THE POST-RACE COLOUR THROW WORK?

When everyone has made it across the finish line, all participants and volunteers will be involved in a final colour throw to celebrate everyone's accomplishment. We provide one packet of colour to each participant. The idea is to create a colourful cloud above our heads; perfect picture opportunity, get your camera's ready!

WHAT IF I HAVE A QUESTION THAT ISN'T ANSWERED HERE?

Please contact one of the organizers and we'll get back to you with an answer.

Candance Sewell (306) 315-3744

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